



Base Bulletin

Vandenberg AFB, CA 93437-0759



1 December 2004

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The Base Bulletin is published each Wednesday (except holidays). Send proposed bulletin items via e-mail to publishing.vafb@vandenberg.af.mil or to Vandenberg Publishing on the Global e-mail or via fax to DSN 276-6614 or 805-606-6614 to arrive at 30SCS/SCBP by noon on Monday (by noon the preceding Friday if a holiday occurs on Monday or Tuesday), to meet the Wednesday publishing date. Be sure to include your name, office symbol, and office phone number. Remember to include your home phone number for personal items. Your items will run for two consecutive weeks, and may be resubmitted one week after the last date it was published. Bulletins are valid for 90 days unless rescinded or superseded. Note: If an article requires a 30SW Form 400, this form must be submitted with the article, or it will not be published.

SECTION I — ADMINISTRATIVE DUTIES

Duty Chaplain: Duty phone, 6-5773. After hours, 6-9961.

Safety Hazard: Dial 5-SAFE (If off base, dial 605-SAFE).

SECTION II — OFFICIAL

1. Team Vandenberg:

a. Team Vandenberg Holiday Billboard Contest: Announcing the 6th Annual Team Vandenberg Holiday Billboard Contest. Let's show our Holiday and Team Vandenberg spirit by participating in this worthwhile event. Decorate a 4'x4' palette (plywood) with your organization's name, in a festive spirit with a Traditional Holiday theme. Use garlands, tinsel, color, snow sprays, cloth or 3D objects. Decorative materials are to be provided by the participants. Entry fee will be \$50. Your 4'x4' palette is ready for pickup at Bldg 10728 located at 1221 California Blvd. This is open to all base organizations including contractors. Organizations may have multiple entries. Prizes: First place receives a check for \$150 and traditional trophy, second, \$100, and third place \$50. Your billboards must be turned in by COB on 1 Dec 04. For details contact MSgt Adrian de Silva at 6-3122. (30LRS/LGRVO)

b. Team Vandenberg Holiday Party: Come "**Celebrate the Season**" on Friday, 3 Dec 04. Team Vandenberg's Holiday Party will be located in the Pacific Coast Club Ballroom. Social hour begins at 1730 and dinner will be served at 1830. Meal choices include London broil, Chicken or Vegetarian. The Cabrillo High School Choir will provide holiday entertainment and dinner will be followed with music and dancing. There will be door prizes and a holiday scavenger hunt. A cash bar will also be available. Tickets are available through First Sergeants and unit representatives. Ticket prices are E1-E4 and GS1-4: \$8.00 single/\$14.00 per couple, E5-E6, O1-O2 and GS5-7: \$12.00 single/\$22.00 per couple, E7, O3, GS8 and up: \$20.00 single/\$38.00 per couple. Come on out and enjoy the fun! For more information contact Lt Barnhill at 6-2551 or by e-mail Melvin.Barnhill@vandenberg.af.mil. (30WS/DOR)

c. Job Announcement: Family Support Center Superintendent with rank requirement of MSgt—CMSgt possessing excellent administrative and computer skills required for one-deep SDI 8C000 position in Family Support Center (FSC). Must have extensive budget management expertise, background in human relations, and the ability to communicate with peers and senior leadership. All applicants must submit copies of their last three EPRs, a chronological resume (ref: Tongue and Quill, AFH 33-337, 1 Aug 04), and a letter of recommendation from their Squadron Commander NLT 6 Dec 04 to 30MSS/DPF. AFI 36-3009, **Family Support Center Program**, Attachment 3, provides criteria for Deputy Director selection. Please direct all questions to Ms. Sally Galligan, FSC Flight Chief at 6-0039. (30MSS/DPF)

d. 2004 Holiday Parade And Tree Lighting Ceremony: On 7 Dec 04, the Parade will begin at 1700 and will go through Main Base and East Housing. The Tree Lighting Ceremony will begin at 1830 in front of Bldg 11777. Santa Claus will be there to greet the kids following the ceremony. All are invited! If you would like to enter a float in the parade, please e-mail 2d Lt Candida Rodriguez: candida.rodriguez@vandenberg.af.mil. (381TRSS/CSS, 6/1043)

e. Office Closure: The 30th Space Wing Legal office will be closed for mandatory training, 7-8 Dec 04. Personnel needing emergency assistance can contact the on-call JAG at 588-2822. (30SW/JA, 5-6207)

TEAM VANDENBERG

f. Unit Security Manager Meeting: The Annual Unit Security Manager/Facility Security Officer Meeting will be held at the Pacific Coast Club on 8 Dec 04 at 1030. This is a mandatory meeting; the primary or alternate security manager/FSO must attend. If unable to attend, a designated person must represent the organization. Please direct any questions to SSgt Scott Wagner, Base Information Security at 6-4354. (30SFS/SFAI).

g. Retirement Ceremony: Lt Colonel Douglas E. James, Deputy Commander, 30th Mission Support Group cordially invites you to attend a retirement ceremony honoring Mr. Kal Huler, Mr. Gary Sweet and Ms. Joyce Culliver, all of the 30th Contracting Squadron, on Thursday, 9 Dec 04, at 1100, Pacific Coast Club, Ballroom No. 3. Heavy hors d'oeuvres will be served. Cost is \$6.00. Please RSVP by 30 Nov 04 to Teresa McGary at 6-6634 or Ellie Anderson at 6-4692. Military attire: Duty uniform. Civilians: Civilian attire. (30CONS/LGCZH)

h. AETC Special Duty Assignment Briefing: The AETC Special Duty Assignment Team will visit Vandenberg AFB on Thursday, 9 Dec 04. The team will give a briefing on Military Training Instructor (MTI) duty, Recruiter duty, and other AETC special duties from 0830—1030 in the 381st Training Group Auditorium, Bldg 8290. SrA with at least 36 months Time In Service (TIS) through MSgts with less than 17 years Total Active Federal Military Service (TAFMS) are eligible to apply. If you are interested in learning more about the challenges and rewards of Recruiter, MTI, and other AETC special duty opportunities make it a point to attend. Applications will be accepted on the spot. To obtain a copy of the AETC Special Duty Application contact SMSgt Brian Robertson, Team Vandenberg Career Assistance Advisor, at 6-9815 or stop by Bldg 10364 (behind the Bowling Alley). (30SW/CAA)

i. Unit Security Manager Formal Training: The 30SFS Information Security staff will conduct a "Security Managers Formal Training Course" on 15-16 Dec 04 at the Airman Leadership School. All units are required to have their respective security managers formally trained within 90 days of appointment. Class hours will be 0800—1600 on both days. Contact your Unit Security Manager or SSgt Scott Wagner, Base Information Security at 6-4354 to enroll. (30SFS/SFAI).

j. Annual Classified Clean Out Day: Vandenberg's Annual Classified Information "Clean-Out" Day is scheduled for 17 Dec 04. This DoD requirement is designed to reduce classified information to only that which is necessary for mission accomplishment. The Base Central Destruction Facility (CDF) will be available for use between the hours of 0800—1600. Please direct any questions to your Unit Security Manager or SSgt Scott Wagner, Base Information Security at 6-4354. (30SFS/SFAI).

k. 2005 Internal ECAMP Audit: The Environmental Compliance Assessment and Management Program (ECAMP) audit will be conducted 24-28 January 05. This audit will cover the environmental protocols as found in AFI 32-7045. ECAMP team members will be visiting wing, tenant, and contractor organizations during the audit. The Team Guides will be posted on the 30CES/CEV web page https://intranet.vandenberg.af.mil/30_MSG/30-ces/Environmental/index.html. Please contact John Woods at 5-0633 for additional information. (30CES/CEVV)

l. Volunteers Needed: Volunteers are needed for the upcoming Volunteer Income Tax Assistance (VITA) program on Vandenberg AFB. No prior experience is required. As members of the VITA Team, volunteers are trained in the computerized preparation and electronic filing of income tax returns. Once trained, they are then called upon to provide income tax assistance to the Vandenberg Air Force base military community during the tax season. Military retired and civilians are encouraged to volunteer their free time to work. Training, starting in January, is provided for preparation of Federal and California returns. If you are interested in helping your active duty and retired military community, please call 6-3650. (30SW/JA)

m. Military Equal Opportunity (MEO): The Equal Opportunity and Treatment (EOT) complaint process is a means for military members, their families, and military retirees to present allegations of unlawful discrimination and sexual harassment to the offending party, someone in a position of authority, or both. When appropriate, complainants should be encouraged to resolve complaints informally before filing formal complaints within supervisory and chain of command channels. For more detailed information contact the 30th Space Wing MEO office at 6-0370. (30SW/ME)

n. Airmen Against Drunk Driving (AADD): Think Safety Before You Start!! Here are your choices for a safe ride home: Call AADD at 605-AADD/606-AADD for an anonymous free ride home, or get a complimentary ride from your First Sergeant when you have to be picked up. Tough decision? (30CES/CEOM, 6-7760)

2. 30th Space Communications Squadron: (30SCS)

a. Deployed Member's Mailing: The United States Postal Service is offering free packing materials to spouses and families of military members who are deployed overseas. To take advantage of this service call: 1-800-610-8734 (press 1 for English & then 3 for an operator). They will send you a free kit that includes 10

boxes, packing materials, priority mailing tape and mailing labels. These products are to only be used to mail care packages to service members. You must still pay normal postage. For more details contact Julio Newman, 6-6545. (30SCS/BITC)

b. Base Records Management (RM) On Milnet: The Base Records Management Office is proud to announce the launching of its Records Management web page on the Milnet. Now, all of Vandenberg's RMs and folks alike within the DoD can freely access the Vandenberg AFB Records Management Homepage for one stop shopping concerning most of their RM needs. Please take a few minutes to check it out: <https://milnet.vandenberg.af.mil/30sw/organizations/30og/30SCS/records-mgmt/index.htm>.

(30SCS/SCBR, 6-4212)

c. Base RM Mailbox: Base RM now has an official mailbox for "ALL" RM correspondence. Effective immediately, ensure you send all RM communications to our mailbox on the Global e-mail: Vandenberg.BaseRecordsMgmt@vandenberg.af.mil. (30SCS/SCBR, 6-4212)

d. New 30th Space Wing IMTs: 30SWIMT2, **Records Management (RM) Appointment** and 30SWIMT3, **Establishment/Deletion for an Office of Record** are now available at AFSPC Subordinate Unit Publications/Forms web site and will be available on E-Publishing in the near future. (30SCS/SCBP, 6-7892/4)

3. Traffic Management Office (TMO): (30LRS)

a. Attention TMO Customers: If you have recently arrived PCS and have household goods in storage awaiting quarters, schedule delivery of your personal property as soon as you have a firm address and move in date. Local agents may not be able to provide prompt delivery services if they are not provided sufficient lead-time. Please contact MSgt Scott at 6-0904. (30LRS/LGRT)

b. Separating, Retiring or PCSing? PLAN AHEAD! Within 30 days of receipt of orders, stop by TMO, Bldg 11777, Rm C-103 to schedule an appointment for your household goods pick-up dates. Remember, the earlier you meet with us, the greater your chances of moving on the date you initially select. As always, we will work with you to the greatest extent possible. (30LRS/LGRT, 6-0904)

4. Military Personnel Flight: (30MSS/DPMP)

a. Military Personnel Flight (MPF) Customer Walk-in Hours: The MPF Customer Service (ID Cards & Records), located in Bldg 11777/C-114, walk-in hours are: Monday, Tuesday & Thursday from 0800—1500, Wednesday from 1000—1600, and Friday from 0800—1600. All other MPF Office walk-in hours are from 0900—1500. Appointments may be made outside the times listed, by contacting the appropriate office. The MPF has mandatory Warfit Monday, Tuesday & Thursday afternoons and will stop taking new customers at 1500. For further information call SMSgt Walker at 6-7719. (30MSS/DPM1)

b. The MPF Weekly: For the most current Military Personnel information, please check out *The MPF Weekly*. The 26 Nov 04 edition is now posted on the Vandenberg Intranet, link: https://intranet.vandenberg.af.mil/30_msg/30-mss/mpf/mpf_weekly/2004_archive/nov-04-26.doc (30MSS/DPM)

5. Civilian Personnel Flight: (30MSS/DPCE)

a. Voluntary Leave Transfer Program: Vandenberg AFB currently has six employees in need of donated leave. Alana Davenport - 30CES/CEOE, Loneta Kelly - 30MSS/DPCE, Bruce Dufresne - 2ROPS/DOUS, Christine Holly-Vickers - 30SW/JA, Fidel G. Terrones - 30CES/CEOIE, and Rickey Alexander - 30CES/CEOF4. We also have a list of over 55 other Air Force employees who are in need of your assistance. Civilian employees who would like to donate a portion of their annual leave must complete an OPM 630-A. Go by Bldg 11777, Rm B-103 to pick-up and/or turn in your form or access this form at www.opm.gov/FORMS/PDF_FILL/opm630A.pdf.

b. Federal Employees Health Benefits (FEHB) Open Season: Open enrollment period ends on 13 Dec 04. Eligible employees may enroll in a health insurance plan for the first time, or make desired changes in current enrollments by contacting the Benefits and Entitlements Service Team (BEST) at 1-800-616-3775, TDD 1-800-382-0893 or at the EBIS web site www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. To give Federal employees more options that empower personal decision-making 18 High-Deductible Health Plans (HDHP), both local and national, will be offered by the FEHB Program in 2005. These health plans, together with a Health Savings Account or a Health Reimbursement Arrangement provide a tax advantaged savings vehicle for paying for your medical expenses. The Office of Personnel Management web site, www.opm.gov/insure/health/, has a wealth of information on important benefits.

c. Thrift Savings Plan (TSP) Open Season: Open season ends on 31 Dec 04. FERS employees may elect to contribute up to 15% of their basic pay and CSRS employees may contribute up to 10% of the basic

pay. The new contribution amounts will be effective as early as 12 Dec 04, dependent upon the date of the election. The IRS annual limit on elective deferrals increased to \$13,000 for 2004, the deferral limit for 2005 will be \$14,000. Federal civilian employees must use the BEST automated phone system, 1-800-616-3775 TDD number 1-800-382-0893, or the EBIS web application to make elections. EBIS is a secure site that is accessed through the AFPC Secure Web. Go to www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm. Hard copy forms (TSP-1) are not used by the Air Force to make open season election. You must utilize the BEST phone system or EBIS. To allocate the funds you are contributing to, access the TSP website at www.tsp.gov/.

d. TSP Catch-Up Contributions: If you are age 50 or older and are already contributing the maximum amount of regular TSP contributions for which you are eligible, you may elect to make up to \$4000 for 2005 in catch-up contributions. Since the limit changes each year, you must make a new election each calendar year. Enrollment for calendar year 2005 begins on 12 Dec 04. Checkout BEST's site at www.afpc.randolph.af.mil/dpc/best/tsp-page.htm for additional information. Remember, you are still subject to the IRS deferral limit.

e. Weingarten Right: Federal civilian employees who are members of a bargaining unit have the qualified right to union representation during investigatory interviews/meetings. This Weingarten right is mandatory when the following four (4) conditions are met: (1. The meeting between the employee and management official(s) must be an examination; (2. The examination must be in connection with an investigation; (3. The employee must reasonably believe that disciplinary action may result from the meeting; and (4. The employee must request representation.

6. 30th Medical Group: (30MDG, 6-7440)

a. Glasses for the Deployed: Reminder: If you are deploying in the next few months and wear glasses, please ensure that you have up to date glasses and gas mask inserts. If you need to order glasses/gas mask inserts, please stop by the 30MDG Optometry Clinic with your medical record, or call 6-0468 for an eye exam.

b. Service Delivery Assessment (SDA): The 30th Medical Group at Vandenberg will be implementing a new process for obtaining timely feedback from our patients about their outpatient visits. An authorized individual from SDA will be telephonically contacting patients to obtain feedback on the quality of the medical services they received recently. Randomly selected patients will be called within a few days after their medical visit between the hours of 1700—2000, Monday through Friday (except holidays), and asked seven simple questions. The caller does not have access to any personal medical information nor will patients be requested to provide such information. In order for the Medical Clinic to ensure that all needs and expectations are met here at Vandenberg, full participation is encouraged. Contact TSgt Blake at 6-1846.

7. 30th Security Forces Squadron: (30SFS/SFOS, 5-0792)

a. Firearms Registration: IAW 30 SWI 31-101, Installation Security Program, Paragraph 14.3.1, states all base residents who own or possess firearms must register them with the Pass and Registration Office. To initiate the process, request an AF Form 1314, Firearms Registration, from your orderly room. After completing in triplicate, take the signed form to Bldg, 11777, Rm C-111. For more information, contact your Resource Protection Monitor, or call 5-0797. (30SFS/SFOSP)

b. Off Limits Area: The 30th Security Forces Squadron Combat Arms Range Complex located off San Antonio Road West, is **off limits** to all unauthorized personnel. Danger signs are posted around the hazardous area of the range complex and entering into this area is not only illegal, but is also dangerous. For authorized entry, please, contact the Combat Arms Section at 5-5025. (30SFS/SFTC)

8. 30th Civil Engineering Squadron: (30CES)

a. Attention All Facility Managers: Please ensure that Civil Engineering (CE) Customer Service has the correct Primary and/or Alternate Facility Manager assigned to your building. Call CE Customer Service at 6-0010 to verify the correct information is in our system. If you need to assign a Facility Manager, do so by using the form located in the 30th Space Wing Pamphlet 32-3 attachment 1. The form must be signed by Unit Commander or equivalent and forwarded to CE Customer Service. Facility Manager training is on the third Wednesday of the month at 1000 in Bldg 11439, Rm 109, CES Conf. Rm. (30CES/CEOFF, 6-0010)

b. Family Housing Residents: If you have change of station, separation or retirement orders, please visit the Housing Office as soon as you receive your orders. We will schedule your pre-final termination and final termination appointments for you. We try to schedule these 45-60 days in advance of your projected departure. If you are within 45 days window and you don't yet have orders you can come in and schedule your Pre Final Inspection without them. This is very important to you, because not only will it allow you opportune time to schedule the appointments at your convenience, but you will also find out far enough in

advance what your actual clearance responsibilities will be so you will not be caught by any surprises at the last minute. You will have the necessary lead-time to properly prepare your assigned unit for the final clearance appointment thus alleviating unnecessary stress for you and your family. Remember summer is the peak season for military moves. We will accept a letter in lieu of orders to schedule your appointments. Contact Ms Buck at 6-3477. (30CES/CEH)

c. Emergency Contact Numbers: Please review this vital Vandenberg Air Force Base Emergency Reporting Information. If you have any questions contact Fire Inspector James McLean at 6-4680. (30CES/CEF)

Vandenberg Air Force Base Emergency Reporting Information:

From a Base Building With a Prefix of 605 or 606	Dial 911
From Base Housing With a 734 Prefix	Dial 911
From a Cell Phone	Dial 734-4117

When Reporting An Emergency, Give The 911 Operator:

Your Name
Location of the Incident
Nature of the Emergency

9. Air Force Reserves: (30MSS/ISR)

Briefing: The next Air Force Reserve briefing is 7 Dec 04, at 1300, in Bldg 11777, Rm C-206. If you are interested in applying for this program, you must contact MSgt Brenda Kartheiser to schedule a briefing. (AF Reserve Recruiter, 6-2704)

OFFICIAL

FRANK GALLEGOS
Colonel, USAF
Commander

Karen L. Dean
Chief, Publishing Management

SECTION III — UNOFFICIAL

General Information:

a. Base Theater Marquee: The following movies will be shown at the Base Theater, Bldg 13750. Call 6-5565 for movie information or e-mail Vanessa Probert at ProbertV@aafes.com. (AAFES)

Day	Date	Movie	Rating	Opens	Starts
Thursday	2 Dec 04	The Grudge	PG-13	1830	1900
Friday	3 Dec 04	I Heart Huckabees	R	1830	1900
Saturday	4 Dec 04	No Showing			

b. Food Service Events: For more details contact SSgt Bethany Lopez at 6-5496. (30SVS/SVMF)

Monday	Date	Event	Start Time	Location
Wednesday	8 Dec 04	Hanukkah Meal	1100	Breakers
Monday	13 Dec 04	National Ice Cream Day	1100 & 1630	Breakers
Saturday	25 Dec 04	Christmas Meal	1100—1400	Breakers

c. Furniture Sale: We are conducting an ongoing Non-Appropriated Funds (NAF) furniture sale at Bldg 10250, NAF Resale Section, to include upholstered chairs, end tables, drapes and more at bargain prices. New items arriving weekly. Call 6-5908 if you have any questions. (Sheila Carroll, 30SVS/SVML, 6-9704)

d. Big Brothers Big Sisters: Big Brother Big Sisters matches kids with adult volunteers who share friendship, fun and a positive role model. Come learn how to become a Big Brother or Big Sister, broaden a child's horizon, and bring a little magic into both of your lives. Our New Volunteer Orientation and Training will be held on Wednesday, 1 Dec 04, from 1130—1300 at the Family Support Center office located at 723 Nebraska Ave, Bldg. 10525 Vandenberg AFB CA. Or, please call Charlie Guzman at 735-4376 ext. 26 to learn more about becoming a Big Brother or Big Sister. RSVP!

e. Operation Kids' Christmas (OKC) Needs Escorts: This is a call for all active duty personnel who are willing to take a few hours on a Saturday to make a world of difference for needy children. The children have been selected from nearby communities. Escorts will meet at the PCC at 0900, on Saturday, 4 Dec 04, and

escort a small child during the event. The festivities will end at 1300. UOD will be service dress. Mass briefings will be held for all OKC volunteers on 1-2 Dec 04 at 1530, Bldg 8290 (381 Group Aud) to discuss volunteer duties. Please come to one of the two briefings. If interested in volunteering to be an escort, e-mail Capt Charles Lever at charles.lever@vandenberg.af.mil. (392TRS/DOC)

f. Jacques Thibaud String Trio: The Lompoc Concert Association continues its 57th season on Saturday, 4 Dec 04 at 1930 at Trinity Church 500 E. North Avenue in Lompoc. The Jacques Thibaud String Trio, playing violin, viola, and cello, was founded at the Berlin School of Art in 1994. "This ensemble plays from memory, without a score or music stand in sight". Season subscriptions for the concert series and single tickets will be available at the door. Single tickets purchased at the door are \$15.00 for adults and \$7.00 for students. For more information, contact Subscription Chairman, Vivian Dew at 733-4006 or co-chairman Jean Jacoby at 736-8713. Santa Ynez Valley representative is Anabelle Dalberg at 688-4687.

g. NAACP Scholarship Fundraiser: On Friday, 10 Dec 04 the Santa Maria-Lompoc Chapter of the NAACP will sponsor a Fashion Show featuring the Hamilton Vogue Esquire Models of Chicago. It will be held at the Rancho Santa Barbara Marriott Hotel, 555 McMurray Road in Buellton. Doors open at 1830. Donation is \$50 and includes dinner. For tickets and information call 1Lt Isaac Wright at 5-4910. (2SLS/MAFD)

h. AFSA Chapter 1356 General Membership Meeting: Air Force Sergeant's Association, Chapter 1356 is conducting a general membership meeting at 1530, 14 Dec 04, Supply, Bldg 8339, 2nd Floor, Rm 2 located on the corner of 8th St and New Mexico Avenue. AFSA membership is open to all active duty and retired enlisted military. AFSA lobbyists continue to inform members of Congress of the sacrifices those who wear and have worn the uniform, (and their families) make on a daily basis for the protection of the American way-of-life. From fighting for full pay raises for those still wearing the uniform, to full on-time cost of living allowances (COLA) for retirees, AFSA continues to lead the way to preserve and improve the quality-of-life for its members. AFSA Chapter 1356 needs Team Vandenberg's support. For additional information, please contact the AFSA President, SMSgt Williams at 6-1568. (30SCS/SCBH)

i. Attention Military Personnel Assigned to Vandenberg: You can book ahead for the Christmas holidays and may confirm stays up to 10 days in VQ quarters for only \$28.50 per night, now until 5 Jan 05. This offer is for the friends and relatives of military personnel assigned to this base. **Going To A Holiday Party?** Spend the night at Lodging for only \$28.50 per night. You may book a VQ, in advance for your party night. To be eligible you must be active duty military/retired military or civilian (DOD) on active duty. Offers expire 5 Jan 05. Call Mike Green, 5-7831/6-1844, for 0-6/above, call 6-3711. (30SVS/SVML)

j. Catholic Single Young Adults: Are you Single? Between the ages of 21- and 40-yrs-old? And looking for a place to meet other Catholics with similar interests? Join the new Central Coast Catholic Young Adult Singles every second Thursday of the month from 1830—2030 at St Louis de Montfort in Orcutt (bring a dish to share) and fourth Thursday of the month at St Mary's in Santa Maria from 1830—2030 (cost \$5 at door for drinks & snacks). Along with our regular bi-monthly events we have one social event every month. Call or e-mail for details: Kellee Bartha at CentralCoastCatholicYoungAdults@yahoo.com or 264-4659. (CCCSYA)

Health And Wellness Center: (30MDG/HAWC, 6-2221)

a. Breastfeeding/Child Care and Prenatal/Postpartum Exercise Education: The HAWC offers several in-depth books and videos which cover everything from your baby's health to your health, including exercising during your pregnancy. Come in during our duty hours to view the videos or pick-up informative books.

b. Risk Reduction Series for Cholesterol, Diabetes and Blood Pressure Education: Weekly classes, Thursdays 1300—1500, instructed by a Registered Dietitian and Diet Technician. Topics covered include: Diabetes Life Style and Meal Planning, Cholesterol Risk and Heart Healthy Eating, High Blood Pressure Education and the DASH Diet. 1st Thursday of the month is Diabetes, 2nd Thursday, Cholesterol, and the 3rd Thursday is the High Blood Pressure Ed. The follow up classes are also on Thursdays from 1200—1300.

Chapel: (30SW/HC, 6-5773)

a. Holiday Worship Service Schedule: Please call the Chapel at 6-5773 for further Holiday information or activities:

Day	Date	Time	Worship Service	Location
Friday	3 Dec 04	1900	Shabbat Worship	Chapel 1
Wednesday	8 Dec 04	1900	Immaculate Conception Mass	Chapel 1
Friday	10 Dec 04	1800	Annual Hanukkah Celebration	Chapel 1
Saturday	11 Dec 04	1800	Gospel Christmas Concert	Chapel 1
Tuesday	14 Dec 04	1900	Penance Service	Chapel 2
Friday	17 Dec 04	1900	Shabbat Worship	Chapel 1
Friday	24 Dec 04	1700	Children's Christmas Eve Mass	Chapel 1

Friday	24 Dec 04	1900	Protestant Christmas Eve Candlelight Svc	Chapel 1
Saturday	25 Dec 04	1000	Christmas Mass	Chapel 1
Friday	31 Dec 04	2030	Watchnight Service	Chapel 1

b. Shabbat Worship: The Vandenberg Jewish Community will have a Shabbat Service on Friday, 3 Dec 04 and Friday, 17 Dec 04 at 1900. We will worship at Chapel 1 and have our fellowship time in the Annex. For more information, please contact Randee VanNess at 734-3311.

c. Hanukkah Celebration and Dinner: The Vandenberg Jewish Community will have our Annual Hanukkah Celebration and Dinner on Friday, 10 Dec 04 at 1800. The celebration and dinner will be at Chapel 1 Sanctuary and Annex. For more information, please contact Randee VanNess at 734-3311.

d. Gospel Christmas Concert: The VAFB Gospel Choir presents it's Fourth Annual Christmas Musical, entitled, "We Worship Christ the King". It will be held on Saturday, 11 Dec 04 at 1800 in Chapel 1. Come join us as we celebrate the Christmas season in song and witness the play, "The Little Angels", by Ruth Veselka. For more information please contact SSgt Albert Williams at 6-9061.

Global Hearts Group: (30SVS/SVMX, 30MSS/DPF, 30SW/HC)

a. Global Hearts Group: The Global Hearts Group is collaboration between the Family Support Center, Chapel and Services Squadron. It is available to all active duty military families in which the member is deployed, deploying, on a remote, or on a 30+ day TDY. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

b. Operation Sweet Dreams: This is an ongoing service for our deployed/deploying members. Just contact the Family Support Center to get a picture of your family on a pillowcase. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

c. Deployed Spouses Night: Starting Thursday, 2 Dec 04, Deployed Spouses Night the will be back at Breakers Dining Facility every Thursday at 1800. Please contact TSgt Sheila White, 6-0039 or SSgt Bethany Lopez, 6-5496 for more details. (30SVS/SVMX)

d. Lawn Care Service: A volunteer is needed to be the POC for the Lawn Care Service that is provided for the families of Deployed Airmen. The POC would be in charge of designating new families to an established Team and setting up the schedules for the squadron volunteers. Please contact TSgt Sheila White at the Family Support Center, 6-0039, for more information. (30SVS/SVMX)

Family Support Center: (30MSS/DPF, 6-0039) To pre-register for all classes, workshops, and seminars, call the designated point of contact, or visit www.php-ids.com.

a. Office Hours: Family Support Center (FSC) customer service hours are from 0800—1600 except on Monday when the center will be closed for staff training from 0730—0930. Personnel requiring *emergency* Air Force Aid will be assisted. Call 6-0039.

b. BabyMeet: If you are pregnant or the parent of a baby between the age of newborn to 2 years, this is an opportunity to get together with other families for discussions and socialization. This group meets every Wednesday, 0900—1000 at the Base Library. For more details call Katie at 734-6758 or Anna at 734-6606.

c. Playtime For Tots: They meet Friday mornings at 1000—1100 at the Religious Education Center. This playgroup is for parents and their children ages 2 to 5. For more information call Jill at 757-9044.

d. Manage Your Move: Wednesday, 8 Dec 04, 0845-1130 at the Family Support Center. For adults on the move, includes briefings from Housing, TMO, Finance, Legal Office, and tips form TRICARE. An overseas cultural adaptation segment follows at 1100—1130. Have your questions ready and plan to attend within 90-120 days prior to departure. Spouses are encouraged to attend. You can schedule yourself for this briefing by accessing www.php-ids.com.

e. The Mechanics of Resume Writing: Thursday, 9 Dec 04, 0900—1100 at the Family Support Center. Prepare or update your resume for your job search, separation, or retirement! Learn about different types of resumes, resume do's and don'ts, and tips on building a powerful resume that will get you an interview. Participants will compile a rough draft of their selected format. Workshop is open to all active duty personnel, family members, retirees, and DoD civilians. You can schedule yourself for this briefing by accessing www.php-ids.com/.

f. Bundles for Babies: Friday, 10 Dec 04, 1400—1600 at the Family Support Center. This Air Force Aid Society Program covers proactive informational topics such as financing for expectant parents, lifestyle changes, infant CPR, Nursing Moms Program, and Give Parents a Break Program. Learn parenting skills, meet other expectant parents and receive a free gift for your precious bundle. Class is open to all ranks and is not limited to a first pregnancy. Bundles For Babies is for active duty Air Force members and/or their spouses (Marines, Army, Navy, and Coast Guard Personnel may attend, but are not eligible to receive a bundle). Please be advised not to bring children to the program. Please call 606-0039 for more information.

g. Care Packages: The Family Support Center invites deployed and remote family members, units/squadron to build care packages on Monday, 20 Dec 04 from 1100—1300, Bldg 10525. You may bring one to two small items to personalize your box, the rest will be supplied by the FSC. Please contact TSgt White at 606-0039.

h. Readiness Briefings: Readiness Briefings for Deployments and/or Remote TDYs will be conducted every Thursday from 0900—1000 at the Family Support Center. Please contact TSgt White at 606-0039 for more information.

30th Services Squadron: (30SVS/SVK, 6-0276)

Services Weekly Bulletin: Please take a look at our newly formatted Services Weekly Bulletin that will be updated weekly and can be found on our own 30th Services Squadron web site at the following link: www.30svs.com/NewFiles/documents/Bulletin_30Nov.pdf. While visiting our web site, check out the Special Occasion Items under Outdoor Rec, Equipment Rentals for your holiday party needs. (30SVS/SVK)

Education Center: (30MSS/DPHE, 5-5904)

Be Aware: Free Grant Money, just send...\$249.00 processing fee. A new version of an old scam has surfaced, once again preying on unsuspecting people. People are receiving phone calls from Consumer Grants USA of St. Petersburg, FL who say they are representing the Federal Government Grant Processing Center in St. Petersburg, FL. Consumers are told they have been approved for a grant from the federal government in the amount of \$8,000 - \$25,000 and all they have to do is pay an up front fee ranging from \$199 - \$249, complete the necessary paperwork and will be given a Grant Access Code, similar to a "pin" number, immediately for access to the money in 6 to 8 months. If you have fallen victim to this advanced fee loan scheme, we strongly suggest you file a formal complaint with both the BBB as well as your state Attorney General's Office. As far as receiving a Grant is concerned, there is **NEVER** a fee for receiving FREE money. Remember, if it sounds too good to be true, it probably is! If you're unsure, check with the Education Center, 5-5904 before you commit yourself. (30MSS/DPHE)

Computer Training: (InDyne, 6-3771)

a. Personal Computer Systems Training: Sign up now for the new Windows XP and Outlook 2003 Overview courses. Workgroup Managers (WMs) have registration priority. To register, reply, or, e-mail PC.Training@vandenbergh.af.mil. **Note:** Walk-ins are always welcomed.

b. Computer Tip: Internet Explorer: When you attempt to navigate to a site, you often get the standard Error 404: Page not Found. However, if you'd rather see the actual error from the server in question, you can tell Microsoft Internet Explorer to stop showing you the friendly error messages. To do this, choose **Tools|Internet Options**. When the Internet Options dialog box opens, click the **Advanced tab**. **Deselect** the "Show friendly http errors" check box and click **OK** to close the dialog box and continue.

c. Available Classes: Following are classes scheduled, which have open slots:

Class	Date(s)	Time	Bldg
Windows XP	1 Dec through 17 Dec 04	0800-1100 and 1300-1600	Bldg 6510
Outlook 2003 Overview	1 Dec through 17 Dec 04	0800-0930 and 1430-1600	Bldg 9360
LAN Access Training	2 Dec and 10 Dec 04	0800—1100	Bldg 9360
LAN Access Training	6 Dec 04	1300—1600	Bldg 9360
Excel 2003	6-9 Dec 04	0800—1100	Bldg 9360
Word 2003	7-10 Dec 04	1300—1600	Bldg 9360
Access 2003 Basic	13-17 Dec 04	0800—1100	Bldg 9360
PowerPoint 2003	13-17 Dec 04	1300—1600	Bldg 9360

Items For Sale:

For Sale: 2003 Jeep Wrangler Sahara Sport Utility, 2DR, 6 Cyl. 4.0 Liter, 25K mi, Hard top, Rear seat, AC, PS, Tilt Wheel, CC, CD. Retail over \$ 21,000, a major steal for only \$ 19,000. Call 922-5925/588-7867.

For Sale: 2003 Nissan 350Z, Touring Edition, pearl white. All options except Nav, 6-speed, 21K miles, excellent condition. \$28,000/obo. Call 737-1621.

For Sale: 2003 Honda Accord EX, silver, black leather, 4DR, 4 Cyl, 34K, AC, CD, sun roof, heated seats, all power, Xlnt cond., 37,700 miles. Books for \$18,500 asking for \$18,100/obo. Call Justin/Kim 934-2367.

For Sale: 2002 VW Jetta GLS 1.8t, 36,000 mi, Monsoon stereo CD and cassette player, sun/moon roof, VW 17" rims, new tires. Asking \$14,500. Please call Jason at 734-5582.

For Sale: 2000 Honda Odyssey, 62K miles, blue, Power DR/DRL, PW, PS, \$15,000. Blue/gray high-back couch with recliners on both ends, \$80. Microwave, \$10. Call Tiffany White at 734-6807.

- For Sale:** 2002 Honda CBR600 F4i, 9K mi, red/blk, Hotbodies LED undertail/flushmounts, Zero Gravity smoked windscreen, Pilot tires. Asking \$5,500 w/HJC helmet, Ness jacket & gloves. Call Doug at 588-6409.
- For Sale:** 1995 Mitsubishi 3000GT SL, loaded, 92K miles, asking \$9,000/obo. Call 348-3305.
- For Sale:** 1994 Jeep Grand Cherokee, 6-cylinder, power everything, 120K mi., \$4,000/obo. Call 348-3305.
- For Sale:** 1992 Ford Explorer, white, 4DR. Asking \$2,700. Call Charles at 734-7669/588-7077.
- For Sale:** 1992 Mercury Grand Marquis LS. White w/navy blue leather interior. 176K miles. Alpine detachable face CD player, recently replaced tires. Reliable, roomy, \$1500/obo. Call 588-7512.
- For Sale:** 1990 Ford Aerostar XL, CC/AC/PS/Rear ABS/good tires. Runs and drives great! 148K miles. Asking \$1,200/obo. Call 734-1320.
- For Sale:** 1974 Porsche 911, 3.0 liter conversion, crank-fire ignition, Carrera tensioners, more...; many suspension upgrades, 8" & 7" Fuchs; sunroof, CD. Asking \$12,000/obo. Call 736-8925.
- For Sale:** 1971 Ford Torino, 4DR, 78,000 miles, 351 Cleveland engine, runs very strong! Asking \$1,200. Call Charles at 734-7669/588-7077.
- For Sale:** 1964 Corvair Monza convertible. 110 motor, 3-speed, yellow with black interior. Asking \$3,500. Call Phil at 574-0136/343-3037.
- For Sale:** 2002 Kawasaki KLX 110 off road bike in Xlnt condition w/less than 20 hours. Perfect beginner bike & a great Christmas gift. Needs nothing but a new home. \$1,000. Please call Tim at 934-2707 FMI.
- For Sale:** 1992 Honda Shadow 1100cc, new voltage regulator, needs new back tire. Runs well. Asking \$1,800. Call Steve at 934-7882.
- For Sale:** 2002 KTM SX 400, 4-stroke Motocross. New: tires, chain sprockets, tall soft seat, full race exhaust (Big Gun), Suspension (fins up) Race tech Gold valves & springs for 200lb rider. \$3,500/obo. Call 588-4953.
- For Sale:** 18' Boat 1972 Larson with trailer, needs motor, see at Base Used Car Lot, \$398. Call 734-2299.
- For Sale:** Diamond cut galvanized aluminum tool box. Fits mid-side trucks (from a Dodge Dakota). First \$150 takes it. FMI call 734-0215.
- For Sale:** Waterbed with very nice solid oak frame, asking \$150. Call 736-8925.
- For Sale:** Glider rocker w/foot stool, \$50/obo; Baby's Jumperoo by Fisher-Price, used once, \$40/obo; Aquarium Swing by Fisher-Price, \$60/obo. Please contact Daniel or Sabrina at 734-1766/530-863-0487.
- For Sale:** Fenced dog corral, 6 sections, each is 6'x6'. Total dimensions are 6'x12'x6'. One piece is a door, \$100/obo. (2) twin beds with frames, \$20 each. Call 734-7078.
- For Sale:** Frigidaire refrigerator w/water & ice maker, large capacity, almond color, \$350. Whirlpool washer & gas dryer, large capacity, almond color, \$200 each/\$375 set. All in excellent condition. Call 736-3768.
- For Sale:** Bakers rack, pewter and emerald green. Bought a couple of years ago for over \$1,000, selling for \$250. Call 348-3305.
- For Sale:** Golden Retriever puppies. 5 male/5 female. AKC registered. First shots. \$500 male/\$550 female. They will be available 18 Dec 04, perfect for Christmas! Taking deposits. Call 734-0115/757-1475.
- For Sale:** Shih-Tzu, male, 1-year-old, AKC with all papers & shots, white with a bit of brown around eyes, house trained & playful. We will sell only to a good home for \$600. Call 734-2299.
- Free:** Free - to a good home, 5-month-old black Lab mix, current on all shots, neutered and micro-chipped. Needs to be an only dog. Please contact SrA Ruiz at 735-7479 or 626-827-1983.
- Free:** Free - to a good home, 7-month-old female black Lab, current on all shots, house trained and very playful, needs a loving family. Call 734-2829/717-1406 FMI.